

BRIGHT IDEAS

for National Nutrition Month®, March 2006 to...

“STEP UP TO NUTRITION AND HEALTH” the Eat Smart. Play Hard.™ way!

STEP UP WITH PSA'S ABOUT NUTRITION AND HEALTH



Encourage parents while they are in the waiting room or office! Play the audio announcements that feature “Mom Discussing Family's New Habits,” “New Rules for Mealtime” and Dad in “Be Physically Active and Eat Better.”

Mom Discussing Family's New Habits (MP3, 915 KB): www.fns.usda.gov/eatsmartplayhard/collection/PSA/NewHabits.mp3

New Rules for Mealtime (MP3, 476 KB): www.fns.usda.gov/eatsmartplayhard/collection/PSA/MealtimeRules.mp3

Be Physically Active and Eat Better (MP3, 444 KB): www.fns.usda.gov/eatsmartplayhard/collection/PSA/beactive.mp3



Ask your local grocery store to play “Friends Discussing Healthy Eating in Grocery Store” over the PA system in their store. Ask them to have healthy, low calorie samples and recipes available in the store for customers to try and take home!

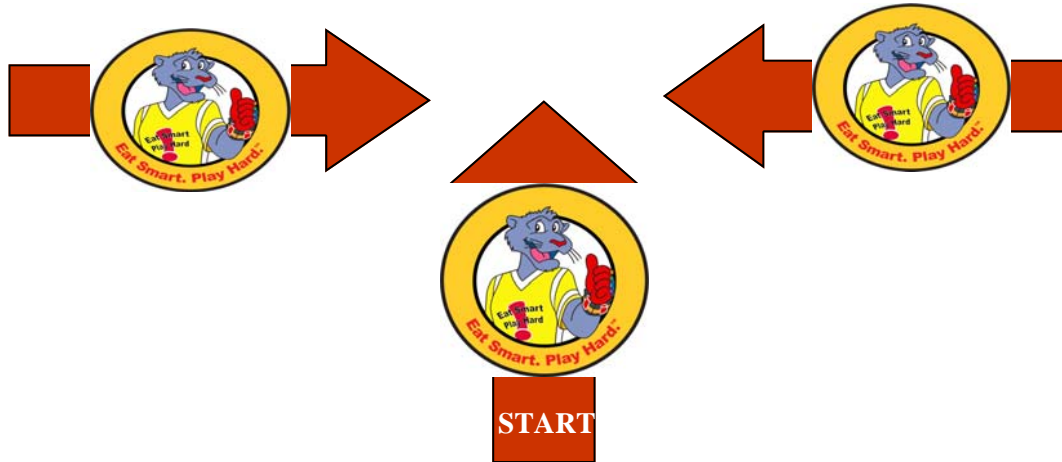
Friends Discussing Healthy Eating in Grocery Store (MP3, 474 KB):

www.fns.usda.gov/eatsmartplayhard/collection/PSA/HealthyEating.mp3

STEP UP ON A PATH TO NUTRITION AND HEALTH

Create a "Power Panther Path" on the floor or sidewalk using the arrows below or signs created with Eat Smart. Play Hard.™ clipart and/or stickers. Use the signs to create a path with several fitness stations along the way where children can run like a panther, pack a bag of healthy snacks in 60 seconds, and play "Power Panther Says..." (play like "Simon Says"). Option: Let the children play follow the leader as a designated "Head Panther" leads the others in jumping on one foot, walking, or marching along the "Power Panther Path."

Here are example arrows to make your own "Power Panther Path":



STEP UP WITH NUTRITION & HEALTH HANDS-ON!

Have a tasting party for children to "taste the colors." Cut up bite size samples of colorful fruits and vegetables for children to taste and describe how the food looks, tastes, feels, smells and sounds. No food samples? No problem -- use pictures of fruits and vegetables instead. Give everybody an Eat Smart. Play Hard.™ sticker for participating. Send the *Together at Home ... Let's Try New Foods!* home to share with their family.

Here is what you will need:

Power Panther Stickers:

www.fns.usda.gov/eatsmartplayhard/collection/Files/sticker.pdf

Together at Home... Let's Try New Foods!

www.fns.usda.gov/eatsmartplayhard/Collection/Files/BrightIdeas/Together_Home.pdf

Full Lesson Plan coming soon!

"Step Up to Nutrition and Health" - National Nutrition Month® 2006 Key Messages:

- ✓ The food and physical activity choices made today - and everyday - affect your health and how you feel today and in the future.
- ✓ Make smart choices from every food group.
- ✓ Get the most nutrition out of your calories.
- ✓ Find your balance between food and physical activity.
- ✓ Play it safe with foods. Prepare, handle and store food properly to keep you and your family safe.

Source: The American Dietetic Association at www.eatright.org